

Get ready for a wonderful

December Training Challenge

Dec. 1 – 18

Win & Train at your pace!

W.A Riding Academy



Get ready for a wonderful

Name: _____

List the following:

(3) moments of synchronicity: where you and your horse felt completely in tune

(3) personal wins: Recognizing your own correct execution, timing, or patience

(2) lessons learned: rebranding frustration as valuable feedback from your horse

(2) gratitudes: simple appreciation(s) for your equine partner and your equestrian journey

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____



